



Since 1927

The TRAIL BLAZER

 Non-Profit Org.
 U.S. Postage
 Paid
 Morehead, KY 40351
 Permit No. 35

MOREHEAD STATE UNIVERSITY

MOREHEAD, KENTUCKY

VOLUME LXXXIII, NUMBER 6

ONLINE

Veterans battle for education

KATE JENNINGS—LIFE/ARTS EDITION

Justin Fulton joined the Navy four months after high school graduation, looking to travel the world, find a direction in life and earn money for college.

For four years, Fulton worked as a Hull Technician, supervising nine other sailors in the welding shop of the aircraft carrier USS Kitty Hawk. They traveled to Japan, Australia, Malaysia, Singapore, Hong Kong and Guam.

Fulton left the Navy having achieved the rank of Petty Officer 3rd Class, and looking forward to starting college, plunged into the whirlwind of admission and class registration at MSU.

All Fulton learned about the educational benefits of joining the Navy came from what he was told during recruitment. With the benefits offered, he hadn't expected to need to take out a student loan.

They are some of the young voters that could make a difference in this year's election and many seem to know exactly what they want from the next president.

GI Bill.

Pamela Cybert, the Executive Staff Advisor to the Commissioner at the Kentucky Department of Veterans Affairs, said the current GI Bill allows servicemen and women to pay a sum of \$1,200 when they enlist and offers \$36,000 to servicemen and women looking to further their education after four years of service. The benefits are available for 10 years after separation or discharge from the military.

Cybert said the VA sends checks on a monthly basis to ensure the veteran is still enrolled.

However, some universities, MSU included, require tuition to be paid halfway through the semester. A \$100 late fee is assessed after the established deadline.

Fulton said the possibility of having to pay interest on student loans is frustrating. "I'm having to spend money that I shouldn't have to in the first place," Fulton said.

President Andrews told the Trail Blazer Wednesday he was not aware of the problem some veterans were facing.

"As a veteran myself, I find that

is unacceptable," he said.

Carol Ford, the Assistant Director of Student Services for the Office of Accounting and Budgetary Control, said the current payment policy, in which students sign a statement of intent, was implemented in place of a policy that required students to pay one-third of their tuition at the beginning of the semester, will help veterans because it requires no up-front money.

Ford said her office takes each student's problem on a case-by-case basis, instead of enforcing a blanket policy.

Mike Walters, vice president of Administration and Fiscal Affairs, said, "There are going to be individuals that are going to have difficult exceptions at any given time but we try to make it work for the vast majority." Walters added, "We will be taking a look at our policy that relates to veterans and take a proactive stance instead of a reactive stance."

SEE BATTLE — page 2



Starting on Tuesday The Trail Blazer will guide you through the last two weeks before the presidential election. Read the daily updated blog at

trailblazeronline.net

LIFE & ARTS



After 37 years at MSU secretary "Tish" Young will retire. She has experienced a lot over the years at the institution.

page 4

SPORTS



The MSU football team falls at San Diego while the volleyball team continues its victory rally at rival ECU.

page 5

NEWS

Cornfield at MSU Farm burns

On Monday parts of a cornfield at the MSU farm burned. It was quickly extinguished by fire officials.

According to MSU police reports the fire was reported at 5:33 p.m.

Sgt. Mark Stidam said the fire was ignited by a hot bolt that came loose from a combine harvester.

He said members of the U.S. forestry department were close by and were able to quickly extinguish the fire.

Stidam said an area of 20 by 60 feet had been burned.

Flu shots available

Morehead State's health clinic will offer free influenza vaccination for students, faculty and staff this month and in November. The first will be offered on October 27 in ADUC from 9 a.m. to 3 p.m.

ANALYSIS

Ready to vote

What students want from the next U.S. president

CARLO ANGERER — EDITOR

Dozens of students gathered Wednesday night in Rader Hall to watch the last presidential debate between John McCain and Barack Obama before the election on November 4.

They are some of the young voters that could make a difference in this year's election and many seem to know exactly what they want from the next president.



Before, the students had met with Villanova University Professor Matt Kerbel, an expert on the media and politics, to take a look at some of the details of this year's presidential election.

Kerbel reminded them that traditionally young people have not come out to vote, but this year it is different.

"What do you guys think," he asked the attendees. A decisive "yes" came back from the audience.

Since the primaries the Obama campaign has tried to focus on getting young voters to the voting booth.

MSU student Keisha Williams from Cincinnati said she would vote for Barack Obama, because of his plans to reform health care. She said the next president would need to make health care affordable to everyone.

She is excited to have an African-American as a presidential nominee.

"It shows you can make it in life when you put your mind to it, no matter what your ethnic background is," she said.

Vicky Page from Floyd County wants the next president to end the war in Iraq, because she has many friends who are in the service.

"I want them to come home," she said.

She said the war has lasted too long and cost too much.

Page believes Obama is the candidate who would get the

troops back home if elected. He will be her choice on November 4.

Students seem to be attracted to Obama because of his younger age and his difference in campaigning.

Page said she likes that most of Obama's ads are positive and about issues, while the majority of ads by rival McCain are negative against Obama.

The campaigning-style was discussed by the candidates during the third debate.

Obama said "100 percent, John, of your ads — 100 percent of them have been negative."

McCain said this statement was incorrect and shortly after said "You're running ads that misportray completely my position on immigration."

These attacks on each other by the candidates do not resonate well with young voters. They much rather look at the issues.

Josh Bradley, a student from Morehead, said he wants the next president to focus on the economy. Bradley said he will probably vote for Obama, because he likes his plans for education better.

He believes many young voters are attracted to Obama because of his message of change that is portrayed through his plans, but also through his ethnicity.

During Wednesday's debate it became apparent that besides personalities and issues one other factor often impacts voters' decisions: values.

McCain said he was against abortion and would like to see Roe v. Wade overturned. Obama on the other hand said the Supreme Court's decision on abortion should not be overturned.

For some students these values remain at the top of their list.

Josh Vandeventer said social issue are most important to him.

"As a Christian abortion is a frontline issue for me," he said.

"I want Roe v. Wade to be overturned."

But Vandeventer knows he is in the minority among young

SEE VOTE — page 2



"I want a good health care plan."

— Keisha Williams



"I want him to fix the economy"

— Josh Bradley



"I want him to end the war"

— Vicky Page



"I want Roe v. Wade overturned"

— Josh Vandeventer

Carlo Angerer / The Trail Blazer

Student arrested on theft, drug charges

CARLO ANGERER — EDITOR

An MSU student was arrested on theft and drug charges last week in Cartmill Hall, where she lives. Ashlee Hochfelder was charged Oct. 8 with receiving stolen property, possession of controlled substances and drug paraphernalia.

MSU Police Chief Matt Sparks said Oxycontin was found in Hochfelder's room in Cartmill Hall.

MSU police had obtained a search warrant and entered the room after students had reported that Hochfelder had stolen property, Sparks said.

He said students had reported that clothes were stolen out of a laundry room. Later a student reported seeing Hochfelder wearing a stolen t-shirt.

When MSU police searched SEE CHARGES — page 2

Andrews: MSU ready for tough economy

CARLO ANGERER — EDITOR

Because the ailing economy continues to trouble the Commonwealth, MSU President Wayne Andrews said the university is prepared to be more conservative with spending.

State revenue is less in the first quarter of the fiscal year than what was projected when the state established the budget, Andrews said.

"We have not been told there will be an [additional] budget cut, but we have to be more conservative," he said.

No matter what happens with financing provided by the state, Andrews pledges to protect students.

"We would not have a mid-year tuition increase," he said.

SEE READY — page 2

YOU DON'T HAVE TO LIVE WITH NECK OR BACK PAIN

SPURLOCK
CHIROPRACTIC CENTRE

22nd
ANNIVERSARY

www.spurlockspinecentre.com
784.1115 • 1.800.318.4444
1550 Flemingsburg Rd. • Morehead, KY

W. Michael Spurlack, D.C.

Expressions
Salon

Full Service Salon

OPEN
Monday - Friday 8am-8pm
and Saturday 8am-3pm

(606) 780-HAIR (4247)

Morehead Cinemas 6

200 New Towne Square
Morehead, KY 40351
www.moreheadcinemas6.com

For Showtime information call 784-1330

Showtimes for Friday, October 17th
thru Thursday, October 23rd

Eagle Eye	Quarantine
1:30, 4:10, 7:00, 9:50	1:15, 4:05, 7:10, 9:35
Beverly Hills Chihuahua	Max Payne
1:00, 3:10, 5:20, 7:30, 9:40	1:00, 3:10, 5:20, 7:30, 9:40
City of Ember	Sex Drive
1:25, 4:15, 7:05	1:10, 4:25, 7:20, 9:45
Tickets Now on sale for Special Movie Screening 10/23/08	Nick and Nora's Infinite Playlist
"See U"	10:00

CHAMPION
PRE-OWNED AUTO OUTLET



Jeff Gihlerson
Business Manager



Eric Clark
Salesman

Looking for a Great Deal on a Great Pre-Owned Vehicle... Look No Further... We're Here To Save You Lots of Cash! Stop By Today!

On the Spot Financing With Approved Credit

697 Flemingsburg Road, Morehead, Ky., Next To Perks
Phone 606-780-0645 • 606-780-0646
Open Monday - Friday 9 a.m. to 6 p.m. • Saturday 9 a.m. to 5 p.m.

Sports Rehab

Do You Want to Work With Athletes?

Logan's Department of Sports & Rehabilitation is designed to assist students in the management of sports & assist in the treatment of patients in a clinical setting.

Master's Degree in Sports Science & Rehabilitation

- Unique Dual-Degree M.S./D.C. & Independent Graduate Degree Programs
- Develop Skills in the Assessment, Treatment, Conditioning
- Work Management of Athletes
- Learn with Professional, Collegiate & High School Sports Teams
- Learn from Experts in Sports Medicine
- Treat patients in the state-of-the-art BIOFREEZE® Sports & Rehab Center

If you are looking for a career in healthcare offering tremendous personal satisfaction, professional success and an income commensurate with your professional position, contact Logan University today!



Jared VanAne
MSOC Candidate



www.Logan.edu

Chesterfield (St. Louis area), Missouri • 800-533-9210



Students watched the debate Wednesday in Rader Hall.

Carlo Angerer / The Trail Blazer

VOTE

continued from page 1

voters. Asked if he would vote for McCain he said "I'm one of the few."

Media and politics expert Kerbel told students recent polling data shows that Obama has a better chance to get into the White

House.

He said the McCain campaign is hold back by President Bush's low approval ratings and the recent troubles in the economic systems have made matters worse.

"People blame the incumbent if the economy is bad," he said.

If Obama is elected, he will only have a

small window of time to fix the problems and assure voters that he was the right choice, Kerbel said.

On November 4 the U.S. will decide if Obama gets that chance or if McCain will head to the White House. Young voters could influence the election to help either candidate.

READY

continued from page 1

"You cannot do that to students."

He said MSU administrators always have to plan ahead and if there were to be another budget reduction after last spring's cut the university has strategies in place.

Andrews wants to address the campus community this week through a video message asking the campus community to cut back on consumption.

"If there are things we need we go ahead and buy them. If we can defer we'll wait and see how the budget goes," he said.

And there are other ways to save, Andrews said.

"I can guarantee you we can reduce energy consumption by 10 percent," he said.

This includes plans to cut back on fuel-guzzling vehicles. The

university has bought a hybrid car used for tours of the campus and will purchase six electric light-duty pickup trucks to replace gas-fueled ones. Andrews also promises that the campus community will see more golf carts on campus and eliminate as many gasoline-consuming vehicles as possible.

He also aims to cut back on heating costs during the winter season.

"We're not going to freeze people, but instead of 72 to 74 degrees we will maintain a temperature of 70 degrees," Andrews said.

Another place to save money is on payroll. Andrews said among the 1,200 positions at MSU there are always vacant ones and administrators will look if these positions have to be filled immediately.

Andrews urges faculty and staff not to worry about possible cuts, but rather concentrate on

their work and continue to offer quality education at MSU. He said during the last budget cuts the university eliminated 37 positions but only four of those were not vacant at the time.

Andrews said all projects that are now being planned would be finished, including building projects, such as the student recreation center.

These projects are mainly financed through state bonds and Kentucky just sold \$400 million of these in recent weeks at an interest rate less than six percent, Andrews said.

He said this shows state bonds are still seen as a good investment, even as other investments are in trouble.

Andrews said if further cuts are necessary, the university would still function well.

"We could probably manage a cut this year," he said.

CHARGES

continued from page 1

Hochfelder's room they found stolen clothes, a stolen wallet and a stolen debit card, Sparks said.

She was logged in Carter County Jail and entered a plea of not guilty during her arraignment on Monday. Her preliminary hearing is set for Oct. 20 in Rowan County District Court.

CRIME REPORT

Oct. 8

Michael Knight
arrested for DUI

THE TRAIL BLAZER

317 Breckinridge Hall, Morehead State University
Morehead, Kentucky 40351

News: (606) 783-2697 Advertising: (606) 783-2601

Fax: (606) 783-9113

www.trailblazeronline.net editor@trailblazeronline.net

Carlo Angerer Editor
Rachael Hill Managing Editor
Betty Chaney Opinion Editor
Kate Jennings Life & Arts Editor
Koren Ellis Sports Editor
Perry Ryan Bentley Advertising Manager
Joan Atkins Faculty Advisor

The Trail Blazer, an official publication of Morehead State University, is published every Thursday during regular semesters under the direction of the Board of Student Media. The Trail Blazer is a non-profit organization and centered at the Post Office in Morehead, Ky. (Permit No. 55) under an act of Congress dated March 3, 1973. Morehead State University is an affirmative action, equal opportunity education institution and does not discriminate on the basis of race, religion, marital status, sex or handicap in employment, educational programs or activities set forth in Title VI, and section 504.

Single copies of The Trail Blazer are free. Additional copies are available for 50 cents each at 317 Breckinridge Hall. Multiple copies of The Trail Blazer for educational use may be obtained by arrangement through the The Trail Blazer office.

Creative Touch Florist
is Celebrating 20 Years!!!

We want to thank YOU
for your patronage!



****Dozen Red Roses vased for \$20.00!!!**

****20% off everything in the store (excluding Christmas)**

****Register for one of 3 \$20.00 gift certificates**

Don't forget BOSSES DAY!
Thursday, October 16

THE TRAIL BLAZER

EDITORIAL

Veterans face another war paying tuition

They fight, sweat and die in Iraq, Afghanistan and other inhospitable foreign lands. They give years of their lives fighting for their country, and if and when they get to come home, they face another battle if they want to get a college degree at MSU.

Armed service veterans are entitled under the G.I. Bill to receive money to pay for college their education. But when it comes to using this money, some universities, MSU included, make it difficult for veterans.

The problem is, the Veterans Administration sends out monthly checks to cover tuition, with veterans having to verify each month that they are still enrolled in classes. But at MSU the veterans must pay all their semester's tuition by the middle of the semester or face a late fee.

Many colleges have specific policies in place for veterans that automatically allow them to make monthly payments toward their tuition, as they receive their checks from the Veterans Administration. But MSU has no separate provisions for veterans and handles payment on a case-by-case basis.

Some veterans have told *The Trail Blazer* that they run into problems making these arrangements at MSU and even have had to take out loans to pay for the entire semester or pay a \$100 late fee for paying after the tuition payment deadline.

The university should put policies in place for veterans that better fit their needs. They deserve the security of written policies instead of having to rely on the discretion of administrators. After fighting and surviving wars, veterans should not have to do battle with administrators in order to benefit from what has been promised them.

Notable Quotes

"Now, Joe, you're rich, congratulations!"

— John McCain, talking about "Joe (Wurzelsbacher) the Plumber" while criticizing Barack Obama's economic plans during last night's third presidential debate.

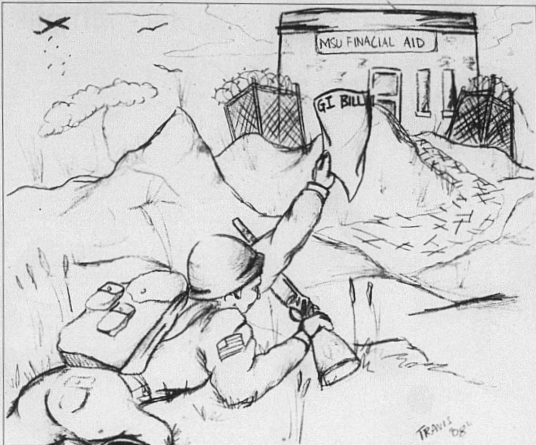
Let us know your opinion

The Trail Blazer welcomes reader responses. Letters should be 400 words or less and signed. Addresses and telephone numbers should be included (for verification purposes only). Letters must be received in Room 317 Breckinridge Hall or emailed to editor@trailblazeronline.net by 4 p.m. Friday for the next week's publication.

The Trail Blazer reserves the right to edit letters for purposes of clarity, brevity and legal considerations.

Check us out online

Visit trailblazeronline.net to read each week's articles and view multimedia content.



LETTERS TO THE EDITOR

Reader questions police authority

Fear. It's everywhere you turn in America. The Sept. 25, 2008 issue of *The Trail Blazer* reported a redirection in campus police strategy. The report stated that investments have been made to enhance campus security. Such enhancements include rifles, shields, better surveillance equipment, and anti-shooter training. The police have a better way of monitoring us and protecting themselves from us, which makes them more efficient at wielding their authority over us. Is this where fear has taken us? To the point of hi-tech surveillance and a small platoon of militarily armed campus cops? It seems as if we are dividing violence into two spheres: acceptable and deviant. The police have rifles, shields, and, most dangerously, the ability to wield them at their own discretion. That's acceptable (at least legally acceptable). Deviant violence seems to be school shooters and other forms of vigilante aggression. So how will such police enhancements keep us safe? It all seems to be a ploy. Through the exploitation of isolated tragedy our media has sold this looming fear. This fear is always followed with the message of preparation. At what point do we surrender all our protection to the boys in blue? 30 people get killed thousands of miles away, with millions of lives in between, and somehow they have sold the idea of fear to us at Morehead State. We bought it and they have used the fear they sold us to justify the further strengthening of their authority. Thus the police

state ensues. The issue of fear plagues this nation. Since Sept. 11 it runs this nation's foreign and domestic policy. Should we not stop and see that fear is not the best way to dictate our actions? Instead we allow the forces of government to gain physical strength and authority over us. They have successfully duped us into paying for the gadgets they will use to watch us and effectively neutralize those of us they see threatening. Injustice has been served again.

Eric Boos
MSU Student

Remembering Nolan Fowler

One of the best things I experienced in my life was running track and cross country for Dr. Nolan Fowler at Morehead State College (1955-57). Coach Fowler died October 6, in Cookeville, Tennessee, 28 days short of his 95th birthday. He started the track and field and cross country programs at Morehead in 1952. Just three years later, his track team won the Ohio Valley Conference Track and Field Championship and repeated as conference champions in 1956. Morehead didn't even have a quarter-mile cinder track. Runners practiced and competed on a fifth of a mile grass track that Coach Fowler laid out around Morehead's football field.

Our teams at Morehead were so fortunate to have a coach of Nolan Fowler's caliber. He knew what he was doing and his variety-spiced workouts were designed to get the most out of his athletes. Coaching distance runners is an art and a

science. Coach Fowler excelled in combining the two. He was also a brilliant History professor who cared how his students performed in the classroom.

On cross country trips, we sometimes stopped at historical places. In 1955, on the way to a meet in Philadelphia, we stopped at the Civil War battlefield at Gettysburg. The next fall, on the way back from running in the NAIA Championship in Omaha, we toured Abraham Lincoln's home in Springfield, Illinois.

When Coach Fowler resigned his coaching duties at Morehead in 1957, he helped me transfer to a school in Kansas to continue my collegiate running career. At my new school, Emporia State, I won five individual national championships—two in cross country and three in track and field. If it were not for Nolan Fowler and my Morehead experience, I would not have these achievements next to my name.

I will always be thankful for everything Coach Fowler did for our teams at Morehead and for me personally. He may never be inducted into the Track and Field Coaches Hall of Fame, but down deep in my heart, I know Nolan Fowler was a Hall of Fame coach and I mourn his passing.

Paul L. Whiteley Sr.
Louisville, KY

Be aware of disability needs

There are some easy but important ways everyone on campus can participate in and benefit from greater disability awareness. When automatic

door openers are routinely used for building entry, it becomes more likely they will fail when a student in a wheelchair or someone with an armload of packages arrives at a door because most of the automatic openers require a 9-volt battery to signal the door apparatus. Also, the buttons themselves, if slapped rather than softly pressed, can be easily bent out of commission. Another nuisance against this useful access system can occur after pressing the button. If people impatient for the door to swing open force their way through, it causes the gears in the opener to loosen and ultimately stop working.

Ramps, too, are for everyone's passage—wheelchair users, people wheeling heavy suitcases, or anyone traversing the campus. That works just fine unless ramps become a popular place to stand and talk, or to stand and smoke. Students who must use ramps are then slowed down to wait for clearance. People with no other access option, including those with a respiratory condition such as asthma, may be exposed to second-hand smoke.

Lastly, everyone benefits from reduced litter and tripping hazards. A casually placed book bag in a hallway, a carelessly dropped sack of fast food garbage on a sidewalk or a bicycle temporarily left in a doorway or on a curb, adds difficulty to a student who is blind, has low vision, or is using a wheelchair. October is National Disability Awareness Month. If we all add a little action to our awareness, we will all benefit.

Evangeline Davis
Disability Services
Coordinator

CAMPUS COMMENT

How should MSU support military veteran students?

Some military veterans have had problems coordinating V.A. benefits with MSU payment policy.

The Trail Blazer asked veterans could be better accommodated.



Sam Whitehead
Senior
Math Education
Hazard, KY



Benji Conner
Senior
Philosophy
Cincinnati, OH



Linda Dixon
Freshman
Paralegal Studies
Radcliff, KY



Maggie Romance
Senior
Education
Hart County, KY

"They should get some leeway or perhaps discounted tuition. Maybe MSU could have some kind of veteran event to recognize them."

"MSU should reach out to them. Maybe they could offer counseling if they've been on tours of duty. Some people have a hard time adjusting when they come back from something like that."

"Veterans should have their own scholarship where the school pays for what they don't have when tuition is due."

"MSU should make special accommodations for vets so they don't have to take out loans or do something to provide and alternative payment plan."

Visit the new
trailblazeronline.net



SMOKEY VALLEY RESTAURANT

Good Country Cookin'
24 Hours

Interstate 64
Olive Hill, Kentucky
606-286-5001

MASSAGE THERAPY

Various Techniques Available

- Neuromuscular
- Swedish
- Sports
- Myofascial
- Deep Tissue

www.spurllocksinecure.com

784.1115 • 1.800.318.4444

1350 Flemingsburg Road, Morehead

Marshall State University Theater Presents
Gene Wilder's

An Ideal Husband

Invisible Candide Little Theatre
Oct. 16, 17, 18, 22, 23, 24 @ 7:30 pm
19th @ 2pm

For Reservations Call 606-783-2170
Facebook: An Ideal Husband

Don't be surprised
if you turn a few heads.

UNLIMITED \$1888 TANNING

Cutting-Edge Beds • Knowledgeable Staff
Inviting Environment • Money-Saving Memberships

SUN TANCITY

Let yourself shine.

360 Diederich Blvd., Ashland
(next to Kroger in Russell)
606-920-9758

14 Lexington Area Locations and Growing.
suntancity.com

THE TRAIL BLAZER

Secretary reminisces 37 years at MSU

RACHAEL HILL — MANAGING EDITOR

The local odyssey station is playing on the radio as Tish Young sits at her desk in the front office of the MSU Department of Communication and Theatre filling out forms for the department's work-study students she is in charge of. She greets professors as they enter the office and answers the phone that seems to never stop ringing.

Margaret L. Young, of Tish, as she is better known to faculty and students, has been one of two secretaries in the department for 13 years, working for three department chairs, and has been employed at MSU for 37 years. She will retire in December and says she will miss people she has formed relationships with over the years.

Young grew up in Morehead and went to the local high school during the 1950s. She says it was a small safe community that was close enough to bigger areas for people to have things to do. When she got married, Young says she decided the town would be a nice place raise her children.

Young came to the university in 1969 and her children attended Breckinridge Training School, which operated in the same building where she now serves as a secretary. She says it was convenient for her to work at MSU because her hours

coincided with her children's school days and they shared the same vacation schedule.

Over the years Young has worked in the offices of Alumni Affairs, the Placement Office, the Appalachian Development Center, and in 1995 transferred to the Department of Communication and Theatre. She says she has no favorite department and each department was different.

"You have good times and bad times but the good far out number the bad," Young says.

Young says there have been few big incidents during her time at MSU.

"We've never really had anything disastrous," she says.

She mentioned a protest when the university was in a dispute with the state over funding, three suicides and an accidental drowning at Eagle Lake.

When working with administrative departments, Young says she felt more removed from the students. Working in an academic department has given her the chance to work closer with students and to build relationships with students, faculty and staff.

Young says the best part has been, "the people I have worked with and the students I am associated with — the personal relationships."

Over the years Young has seen many changes to campus.

She says the whole look of



Kate Jennings / The Trail Blazer

Margaret "Tish" Young had worked as a secretary at MSU for 37 years. She will retire in December.

campus has changed. She recalls a time when an island filled with plants extended down University Boulevard, and when many of the buildings now serving as office buildings were student dormitories.

Young says she has stayed at MSU as long because of the relationships she has formed.

"I felt at ease with the people and environment and there isn't a whole lot of work in Rowan County," Young says.

Young says the university has never really had a problem with discipline or any major disasters.

She remembers when streaking was the "thing to do." She says the administrators allowed students who chose to streak to do so in a designated area around Eagle Lake.

"There were more spectators than there were streakers," Young says with a chuckle. "I decided what she will do after retirement other than to catch up on projects she has let go for some time. She says she may get a part-time job."

Young says jokingly, "Maybe I'll be a greeter for Wal-Mart."

To study or to sleep? That is the question

HEATHER WEBB — STAFF WRITER

With midterms behind MSU students and faculty, many are familiar with deciding between studying all night or sleeping the night before the test.

Senior Jessica Boticus says, "I usually just study until I just can't stay awake anymore, which may not be good, but it's what I do. It's not feasible to study weeks prior."

MSU Director of Counseling and Health Services says students are forced to balance academic requirements, work schedules, social energy and family obligations, leaving them to choose between sleeping and pulling all-nighters for success.

"Pulling all-nighters are actually counterproductive," Wilburn says. "There are numerous studies that link adequate sleep to student success. Many studies have found a direct correlation between sleep and memory retention."

Wilburn says sleep stores information and memories from the day, so skimping on sleep means skimping on long-term memory recall.

"As a result, the student may perform poorly, not only on the immediate exam, but on comprehensive final exams or exit exams," Wilburn says.

To counteract the vicious cycle of sleep deprivation from studying, Wilburn says, "Studies find that the best plan for student success is eating healthy foods (peanut butter, fish, fruits and vegetables), balance rest and physical activity and getting adequate sleep during the intense study weeks before the exams."

MSU Assistant to the Provost and Projects Specialist Dr. Yvonne Baldwin says cramming is the least effective way to learn material.

"If we are actually spending four years of our lives and a whole lot of money (ours or somebody else's) to earn a college degree, I believe it is wise to take full advantage of that opportunity and learn as much as we can."

Baldwin says. Though she admits to pulling all-nighters when she was in school, Baldwin says the fatigue overshadowed actual learning, making recall of information very difficult, if not impossible. Memories proved to not be effective for her, she says, so reading as assignments were assigned and taking detailed notes to study before tests helped her retain information on a long-term level.

Dr. Marshall Chapman, associate professor of geology, says the brain is biochemical, so it can only take in so much at a given rate.

"If you try to cram in more in less time, you tend to get things rather confused," Chapman says. "In other words, you recognize the question and remember seeing it the night (or morning) before, but you can't access any coherent answer."

Chapman says he suggests his students map out a schedule for study sessions, with four 90-minute study sessions, taking five-minute breaks after every 25 minutes to let the material sink in. He says breaks should be free of TV, cell phones, video games and other various "time sucks."

"Since most students are now discovering that their high school study habits are non-existent, there is plenty of time to turn things around," Chapman says.

Since sometimes students are under a time-crunch to study, Associate Professor of Mathematics Dr. Kathryn Lewis says students should try to study until they reach a point feel they are making little to no progress, then sleep the remainder of the night,

even if that means sleeping only a couple of hours.

Lewis says, "If a student does not know enough of the material for the exam in order to earn a passing grade, then sleeping is not going to increase the amount of material that the student knows, whereas studying could increase the amount that the student knows."

Student Matt Oney says he tries to graze over his notes and the important stuff the night before the test and then go to sleep, instead of staying up all night studying.

On the occasions Oney did have to stay up late to study, he says the tests went successfully, but he was not functioning the next day.

"After the test, I usually would go to the room and go back to sleep," Oney says.

MSU Academic Counseling Coordinator Carla Aagaard says she encourages students to get 7 1/2 to 8 hours sleep per 24-hour period, either through naps or all at once, in order to stay healthier and keep up their grades.

"You might be able to pull it [an all-nighter] off once," Aagaard says. "However, research shows that there is impairment when you don't get the 7 1/2 to 8 hours sleep per 24-hour period."

According to June 15, 2008 episode of 60 Minutes, by Lesley Stahl, research shows a direct correlation to sleep deprivation (even a few times) to diabetes, obesity, heart problems and stroke. Scientists found subjects were impaired after one night of sleep loss, proving to not function, while unaware of their impairment. Many people in the study would try to drive afterwards, even though their reaction times were slower. On top of it all, the people in the study who were sleep deprived had a harder time recalling simple tasks taught the day before.

Gatti's Pizza

HOMECOMING SPECIAL

25% OFF Buffet

If you are wearing Morehead State memorabilia
Valid homecoming weekend only

606-784-6637 520 East Main Street

Buy One Get One
FREE
Buffet

Present this coupon to the cashier.

Expires Date: 12-08-2008

PREGNANT??

Free Pregnancy Tests and Information

HOPE

Pregnancy Care Center

167 East Main St.
(Next to University Cinema)
Morehead, KY 40351
784-2488 (24 hrs.)

moreheadpregnancy.com

All services are free and confidential

THE TRAIL BLAZER

Volleyball sits 9-0 and flawless

PHILIP AKERS — STAFF WRITER

The Lady Eagles volleyball team extended its winning streak to nine games on Thursday night at Richmond by sweeping rival Eastern Kentucky 3-0. With the win MSU improves to 17-2 overall on the season and holds the number one spot in the OVC with a perfect 9-0 record.

"The hot start feels good, but we can't get caught up in that because we know there's a lot left to do," Head Coach Jamie Gordon said. "This was a great win and with EKU being our rival, emotions are always high, and this is a real accomplishment."

The Eagles took down the Colonels 25-11 in the first set, 25-21 in the second and finished off EKU 25-14 in the third.

MSU had three players with double-doubles. Outside hitter Kaitlin Craven had 13 kills and 17 digs. Ashley Doscher had 11 kills and 11 digs, and Katelyn Barbour had 24 assists and 12 digs.

"Great play by all three and they are very well-rounded players," Gordon said.

MSU was led defensively by Senior Erin Peak, who had five blocks, and now leads the OVC in blocks. Holly Evans recorded five blocks and nine kills, and Junior Libero Kristina Schoo averaged six digs a set for a total of 18 for the match.

"It was a really nice job defensively in defending the out-

side and a good night of blocking," Gordon said. The Lady Eagles held the Colonels to a .024 hitting percentage from the court and offensively led in kills 44-27.

This is the Eagles fifth straight win over the Colonels, and MSU leads the all-time series 51-43.

The weekend prior the Lady Eagles went into battle with Tennessee Tech and came out on top 25-23 in the first set, lost the

second set 26-24 and took the final two sets 25-13 and 25-16.

The Lady Eagles blockers were impressive, led by senior Erin Peak recording nine blocks, sophomore Holly Evans with a career high eight block assists, and red-shirt Emma Kough with seven block assists.

"We did a good job defensively and with the block," Gordon said. "We had solid play from Erin Peak, Holly Evans, and

Emma Kough, who were effective with the block and putting pressure on Tennessee Tech."

Craven recorded a double-double with 17 kills and 12 digs and senior Ashley Doscher recorded a double of her own with 15 kills and 12 digs. Junior Libero Schoo led the team with a season high 27 digs. The Eagles had a total of 73 digs in this defensive battle. Schoo said this offensively and defensively the

team did well over all and the high energy as well as fan support contributed to the success.

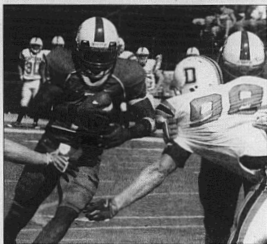
Also last Friday MSU swept conference foe Jacksonville State 3-0 at Wetherby. After winning the first set 25-16 the Lady Eagles never looked back taking care of the final two sets 25-22 and 26-24. MSU was led by Katelyn Barbour who tallied a double-double with 22 assists and 13 digs. Doscher led the

team with 20 digs. The Eagles had 70 digs to the Gamecocks 57.

Gordon said he was pleased with the pressure the team put on the Gamecocks, which kept them from getting into anything offensively and created points for MSU.

The Eagles will try to continue their win streak against the Tennessee State Lady Tigers this Friday in Nashville.

Eagles fall to the Toreros of San Diego



Quarterback Evan Sawyer carries the ball past Davidson.

CODY EVANS — STAFF WRITER

The football Eagles dropped to 3-3 Saturday after losing 41-17 to the undefeated San Diego Toreros in a blowout Saturday in California.

The Toreros jumped to a 35-point first-half lead off several Eagle turnovers.

Senior receiver Nick Feldman blamed the Eagles' first half turnovers for the loss.

"We put them in situations to make plays. We turned the ball over too many times," Feldman said. "The first half, we just didn't play Morehead State football at all."

The one statistical bright spot for MSU was a productive punting game that averaged 44 yards per rush and totaled 146 yards.

Senior Halfback Erick Fitz-

patrick picked up 94 yards on the ground including a 51-yard third-quarter touchdown run.

Any hope for offensive success was nullified by a passing game that produced only 107 yards and allowed quarterback Evan Sawyer to be sacked six times.

For the first time in the 2008 season the Eagle defense was unable to keep MSU in the game.

"San Diego is a pretty good football team," said MSU coach Matt Ballard. "Very talented and we had some match-up problems, but I thought our guys gave a pretty good effort."

Three of the four touchdowns scored by the Torero offense came through the air, adding to questions about an Eagle secondary that has sometimes looked weak throughout the season.

The San Diego loss comes on

the heels of Morehead State's Oct. 4 conference-opening victory over Davidson.

MSU proved to be more efficient in the 26-13 victory over the Wildcats. The Eagle defense held Davidson to a net 21 yards on the ground.

Davidson quarterback Ryan Alexander was forced to throw the ball 53 times into a waiting Eagle defense that produced three interceptions.

Evan Sawyer provided the Eagles with two touchdowns and 275 yards of offense — 22 yards more than the entire MSU offense managed against San Diego.

The Eagles return to Jayne Stadium Oct. 18 to take on Jacksonville University for the annual MSU Homecoming game.

Birchmeier strikes for soccer

CHRIS BURNS — STAFF WRITER

The MSU soccer team had a busy stretch last week, taking on four conference opponents and coming out with a 1-1-2 record.

MSU started with a home game against Austin Peay, who struck first with Ashley Beck scoring on a cross from Ashley Michels.

The Eagles came out firing after halftime with five shots and three corner kicks, one of which was knocked in for a goal. Sophomore Julie Arnold assisted with the corner kick from Bethany Davidson in the 57th minute of the match. The game went into overtime and ended in a 1-1 draw.

The Eagles then took on OVC rival Tennessee Tech Golden Eagles, at Jayne Stadium.

Freshman Jillian Birchmeier came off the bench and put one in the back when the ball came right to her off a deflection by the Golden Eagles' goalkeeper in the 30th minute of the match. Birchmeier put another goal in from a deflection off the crossbar in the second half. Two more goals were scored by Birchmeier with assists by Kimmie Beiting and Abby Doyle.

MSU's defense allowed TTU just three shots and only one shot on goal, which was easily handled by Goalie Samantha Yocke.

MSU then hit the road to Southeast Missouri State where they took on the Redhawks. The Eagles outshot SEMO 13-8 but were not able to get by the SEMO goalkeeper. Lily Meisner had five saves of her own in 110 minutes of work.

MSU then headed off to Eastern Illinois for a Sunday matinee against the Panthers. The 0-0 tie was broken in the 60th minute when an Eastern Illinois forward put the ball in the back of the net and went on to take the win 1-0. "We were definitely disappointed back after this loss," Lindsey Stefanini said. "We want to win the OVC and that in itself will help us overcome this loss. We have worked way too hard to let this obstacle hold us back."

The Lady Eagles are now 5-7-2 overall and 2-1-2 in the OVC. MSU will play its next game at home Friday at 7 p.m. against OVC competitor Murray State.

START COMMANDING ATTENTION.

START OUT ON TOP.

START RAISING THE BAR.

START HIGHER.

START ONE STEP AHEAD.

START MOVING UP.

START LEADING FROM DAY ONE.

START STRONG.

There's strong. Then there's Army Strong. If you want to be a leader in life, joining Army ROTC in college is the strongest way to start. Army ROTC provides hands-on leadership development to round out your college studies. Plus you can earn a full-tuition, merit-based scholarship. After graduation, you'll begin your career as an Army Officer. With a start like that, there's no limit to what you can achieve.



ARMY STRONG.

For more information on becoming a leader or receiving an Army ROTC Scholarship call 783-5256.

Morehead State HOMECOMING 2008

We support
the Eagles

Good Luck
EAGLES!

Forming
**AD
Club**

C3 Express at ADUC...
Serving Snacks and Happiness...



Monday - Friday
7:30 am - 2:30 pm

Protein Bars, Energy Drinks, Java City Coffee
Everything You Need to Keep You Moving



Good Luck,

MSU FOOTBALL TEAM!

From: **MSU BOWLING TEAM**

Stock Your Room...
Save Some Green...



Located in Alumni Tower

Monday - Thursday
8:00 am - 2:00 am

Friday
8:00 am - 8:00 pm

Saturday
12:00 pm - 8:00 pm

Sunday
12:00 pm - 2:00 am

Groceries,
Snacks, Sundries,
and More!

C3 Express at ADUC...
Serving Snacks and Happiness...



Monday - Friday
7:30 am - 2:30 pm

Protein Bars, Energy Drinks, Java City Coffee
Everything You Need to Keep You Moving

Good luck
EAGLES!

122 E. Main St.
Morehead Ky,
606-780-8300

120 Pinecrest Plaza
Morehead Ky,
606-780-4959

usbank
Free Hot Service Customers (U.S.)



GO EAGLES!
FROM MAILBOX



Morehead, 116 Flemingsburg Rd. Phone: 784-PACK

**GOOD LUCK
EAGLES
SONIC**

**America's
Drive-In**

211 Stone Street | 606-780-0051



**Good Luck, Eagles!!
HAPPY HOMECOMING**

From The Mustard Seed

OPEN

Monday - Friday : 10am to 6pm
Saturday : 10 am to 4pm



All Seasons

Full Service Deli Cafe
Full Service Florist

Now at 2 Locations to better serve you.

- Fine Gifts
- Home Decor
- Photography

Located at:
134 East Main Street
And Now
139 East Main Street

606-784-4913

ClassicFare
CATERING

606-783-2797

www.msucatering.catertrax.com

Served or Buffet Meals, Coffee Breaks,
Afternoon Snacks, and Custom Menus

The Family of Grace Assembly of God

Invites You

Service Times:

Sunday at 10:30 a.m. & 7 p.m.
Wednesday at 7 p.m.

A Church Home away from Home

**STUDENTS ALWAYS
WELCOME!**

1830 McBrayer Rd.
606) 784-3888
Pastor Bill McCoy



James Caudill
Broker & Appraiser
606) 784-4442

JAMES R. CAUDILL, JR.
Real Estate Agency
Sales & Appraisals

175 Bridge St. • Morehead, KY 40351
E-mail: candycaudill@hotmail.com

(606) 784-3483 Office
(606) 784-4442 Home
1-888-839-6482

"The Best Compliment You
Could Pay Me Is A Referral To
One Of Your Friends or Family!"

There's no HOME like the HOME you "OWN"



Candy Caudill
Broker & Appraiser
606) 326-1196 Cell